



Pregnancy and Parenting Resource Guide

Charlottesville and Albemarle

**Programs, Agencies
and Services for
Pregnant Women and Families
with Young Children**

Compiled and published by:

Improving Pregnancy Outcome Workgroup
of Charlottesville/Albemarle

For an online version of this guide, please go to
www.ccfinfo.org

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(434) 972-6232



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Pregnancy Testing/Family Planning

Agency/Program	Who Served	Services	Comments
Charlottesville-Albemarle Health Department 1138 Rose Hill Drive Charlottesville, VA (434) 972-6200	<ul style="list-style-type: none"> • Teens • Women • Men 	<ul style="list-style-type: none"> • Pregnancy testing (during walk-in clinic or by appointment) • Results during visit • Family Planning 	\$8.74 (sliding fee applies) <ul style="list-style-type: none"> • PlanFirst Insurance for Men and Women
Planned Parenthood Health System 2964 Hydraulic Rd. Charlottesville, VA (434) 296-1000	<ul style="list-style-type: none"> • Teens • Women 	<ul style="list-style-type: none"> • Pregnancy testing (walk-in) • Results during visit 	\$25
Pregnancy Center of Central Virginia 320 West Main St. Charlottesville, VA (434) 979-888 1420 Greenbrier Pl. Charlottesville, VA (434) 220-3777	<ul style="list-style-type: none"> • Teens • Women 	<ul style="list-style-type: none"> • Pregnancy testing (walk-in) • Results during visit 	No cost

*Reliable, relatively inexpensive urine pregnancy tests are also available over-the-counter at pharmacies and stores such as K-Mart.

Prenatal Care/Medicaid Accepted

Agency/Program	Who Served	Services	Comments
UVA Teen Health Center 1400 University Ave. (434) 982-0090	<ul style="list-style-type: none"> • Teens (up to 21 years) 	<ul style="list-style-type: none"> • Pregnancy testing • Prenatal care 	<ul style="list-style-type: none"> • Delivery at UVA Hospital • On-site Medicaid screening/enrollment
UVA OB/GYN at Primary Care Primary Care Center 1221 Lee St. (434) 924-1955	<ul style="list-style-type: none"> • Teens • Women 	<ul style="list-style-type: none"> • Pregnancy testing • Prenatal care • High-risk prenatal care • La Clínica for Spanish speaking women 	
UVA Family Medicine Primary Care Center 1221 Lee St. (434) 924-5348	<ul style="list-style-type: none"> • Teens • Women 	<ul style="list-style-type: none"> • Pregnancy testing • Prenatal care 	
UVA Physicians for Women at Northridge 2955 Ivy Rd., Suite 304 (434) 243-4570	<ul style="list-style-type: none"> • Teens • Women 	<ul style="list-style-type: none"> • Pregnancy testing • Prenatal care 	
OB/GYN Associates 1101 East Jefferson St., Suite 4 (434) 979-2121	<ul style="list-style-type: none"> • Teens (<20 weeks) • Women (<20 weeks) 	<ul style="list-style-type: none"> • Pregnancy testing • Prenatal care • High-risk prenatal care 	<ul style="list-style-type: none"> • Delivery at Martha Jefferson Hospital • No on-site Medicaid screening/enrollment

Pregnancy/Parenting Education & Support

Agency/Program	Who served	Services	Comments
Family Partners Children, Youth and Family Services 1000 E. High St. Charlottesville, VA (434) 296-4118	<ul style="list-style-type: none"> • Moms • Children < 6 yrs. • Charlottesville or Albemarle resident 	<ul style="list-style-type: none"> • Home visiting • Health, parenting, child development education • Mentoring counseling 	
Healthy Families Children, Youth and Family Services 1000 E. High St. Charlottesville, VA (434) 296-4118, x236	<ul style="list-style-type: none"> • First time Moms • WIC enrollees • Charlottesville or Albemarle resident 	<ul style="list-style-type: none"> • Home visiting • Health, parenting, child development education • Mentoring/counseling 	<ul style="list-style-type: none"> • Must enroll before infant is 2 weeks old
Infant Development Project 509 Park St. Charlottesville, VA (434) 977-4003, x22	<ul style="list-style-type: none"> • Moms • Children < 4 yrs. at-risk for delays or disabilities 	<ul style="list-style-type: none"> • Home visiting • Assessment/screening • Health, parenting, child development education • Mentoring/counseling 	<ul style="list-style-type: none"> • Bilingual staff
Jefferson Area CHIP 1469 Greenbrier Pl. Charlottesville, VA (434) 964-4700	<ul style="list-style-type: none"> • Pregnant women • Pregnant teens • Moms • Children < 7 yrs. • Medicaid/FAMIS eligible 	<ul style="list-style-type: none"> • Home visiting • Assessment/screening • Health, parenting, child development education • Support groups • Referral 	<ul style="list-style-type: none"> • For low income and at-risk women • Bilingual staff and access to telephone interpreter

Pregnancy/Parenting Education & Support

Agency/Program	Who served	Services	Comments
Martha Jefferson Hospital 400 Martha Jefferson Dr. (434) 654-7009 or (434) 982-7009	<ul style="list-style-type: none"> • Pregnant women/ teens • Parents 	Classes: <ul style="list-style-type: none"> • Childbirth preparation • Newborn care • Breastfeeding • Infant CPR • Baby and Me 	<ul style="list-style-type: none"> • Some fees may apply • Many classes require registration
Teensight FOCUS 953 Second St., S.E. Charlottesville, VA (434) 293-2222 (434) 295-8336	<ul style="list-style-type: none"> • Pregnant teens • Teen moms • Charlottesville or Albemarle resident 	<ul style="list-style-type: none"> • Health, parenting, child development education • Mentoring/ counseling • Support groups 	<ul style="list-style-type: none"> • In-school program • Child care scholarships available • Helps teen moms graduate from high school
UVA Hospital (434) 924-9920	<ul style="list-style-type: none"> • Pregnant women/teens • Parents 	Classes: <ul style="list-style-type: none"> • Childbirth preparation • Newborn care • Breastfeeding • Infant/Child CPR • All About Baby: Mind and Body • Free weekly parenting e-mail: www.theparentreview.com/uva 	<ul style="list-style-type: none"> • Some fees may apply (waived for Medicaid patients) • Many classes require registration

Pregnancy/Parenting Education & Support

Agency/Program	Who served	Services	Comments
Westhaven Nursing Clinic 803 Hardy Drive Charlottesville, VA 22903 434-971-1200	<ul style="list-style-type: none"> • Children • Teens • Adults • Public housing/surrounding community 	Holistic approach to health: <ul style="list-style-type: none"> • Resource referrals • Consultation • Advocacy • Education/support services • Monthly Women's Group 	<ul style="list-style-type: none"> • Parish Nurse • 9 am to 5 pm: Mon, Tues, Thurs • 9 am to 1 pm: Wednesday
Charlottesville Area Safe Sleep Program Charlottesville-Albemarle Health Dept. 1138 Rose Hill Drive Charlottesville, VA (434) 972-6247	<ul style="list-style-type: none"> • Pregnant women/teens • Moms of infants (< 6 months) • Income requirements • Other risks • Charlottesville or Albemarle resident 	<ul style="list-style-type: none"> • Safe sleep Education • Portable crib distribution 	<ul style="list-style-type: none"> • By agency referral <u>only</u> • Limited number of portable cribs or high-risk families
Safety (Car) Seat Distribution and Education Program Charlottesville-Albemarle Health Dept. 1138 Rose Hill Drive Charlottesville, VA (434) 972-6247	<ul style="list-style-type: none"> • Pregnant women/teens • Parent, legal guardian, foster parent • Children (< 8 yrs) • Income requirements 	<ul style="list-style-type: none"> • Child safety seat distribution • Safety seat education 	<ul style="list-style-type: none"> • Free seats: <ul style="list-style-type: none"> - Convertible seat - Booster seat • Mandatory 2-hour training
text4baby www.text4baby.org/ or text BABY to 511411	<ul style="list-style-type: none"> • Pregnant women/teens • New mothers 	<ul style="list-style-type: none"> • FREE text messages • Tips for pregnancy and caring for baby • Timed to due date or baby's birth date 	<ul style="list-style-type: none"> • Up to 3 messages per week • Register on-line <u>or</u> on cell

Nutrition Support

Agency/Program	Who served	Services	Comments
WIC Charlottesville/ Albemarle Health Department 1138 Rose Hill Dr. Charlottesville, VA (434) 972-6206	<ul style="list-style-type: none"> • Pregnant women & postpartum • Children <5 years • Income requirements • Other eligibility requirements 	<ul style="list-style-type: none"> • Food vouchers • Nutrition education • Breastfeeding education/support 	Enroll at: <ul style="list-style-type: none"> • Health Dept. • Westhaven Nursing Clinic • Albemarle Social Services
La Leche League Adrienne: 434-984-4665 Barbara: 434-296-8875 Sarah: 434-970-1863	<ul style="list-style-type: none"> • Breastfeeding Women 	<ul style="list-style-type: none"> • Breastfeeding education and support 	<ul style="list-style-type: none"> • Monthly meetings
Supplemental Nutrition Assistance Program (Food Stamps) Social Services Albemarle: (434) 972-4010 Charlottesville: (434) 970-3400	<ul style="list-style-type: none"> • Income requirements 	<ul style="list-style-type: none"> • Monthly benefit redeemable for food purchases 	<ul style="list-style-type: none"> • Benefits issued electronically (like a debit card)

Insurance Options

Agency/Program	Who Served	Services	Comments
<p>FAMIS/FAMIS Moms</p> <p>Virginia's health insurance program for children and pregnant moms</p>	<ul style="list-style-type: none"> • Pregnant Women & postpartum • Children <18 years • Income\ Requirements • Other eligibility requirements 	<ul style="list-style-type: none"> • Covers doctors visits • Eyeglasses • Prescriptions • Well baby check-ups • Shots • Mental health care • Others 	<p>Enroll at:</p> <ul style="list-style-type: none"> • United Way • Health Department • Social Services
<p>PLAN FIRST (Family Planning)</p> <p>Enroll through DSS or Health Department</p>	<ul style="list-style-type: none"> • Women age 19+ • Men ages 19+ • Income requirements 	<ul style="list-style-type: none"> • Annual family planning visits • Cervical cancer screening STI testing • Family planning counseling • Sterilization procedures for men and women (21+) 	<p>No co-pay required</p>

Mental Health/Substance Abuse Counseling

Agency/Program	Who Served	Services	Comments
Project LINK 800 Preston Ave. Charlottesville, VA (434) 972-1757	<ul style="list-style-type: none"> • Pregnant women/teens • Parenting women/teens • Substance abuse problems 	<ul style="list-style-type: none"> • Case management • Mental health treatment • Substance abuse counseling • Support services 	<ul style="list-style-type: none"> • Medicaid Accepted • Sliding fee for non-Medicaid
Region Ten 800 Preston Ave. Charlottesville, VA (434) 972-1800	<ul style="list-style-type: none"> • Children • Teens • Adults • Substance abuse problems • Mental health problems • Intellectual disabilities 	<ul style="list-style-type: none"> • Case management • Counseling (outpatient) • Mental health treatment • Substance abuse counseling • Emergency/residential services 	<ul style="list-style-type: none"> • Medicaid Accepted • Eligibility for case management
The Women's Initiative 1007 East High St. Charlottesville, VA (434) 872-0047	<ul style="list-style-type: none"> • Women 	<ul style="list-style-type: none"> • Counseling • Support group • Stress management workshops 	<ul style="list-style-type: none"> • Some fees (sliding fee scales)

Mental Health/Substance Abuse Counseling

Agency/Program	Who served	Services	Comments
Hospice of the Piedmont (434) 817-6900 or 1-800-975-5501	<ul style="list-style-type: none"> • Anyone 	<ul style="list-style-type: none"> • Grief counseling and support groups 	<ul style="list-style-type: none"> • Contact for information on specific groups
Feel Better, Live Longer Charlottesville Free Clinic 1138 Rose Hill Dr. Charlottesville, VA (434) 296-5525	<ul style="list-style-type: none"> • Smokers 	<ul style="list-style-type: none"> • Smoking cessation group 	<ul style="list-style-type: none"> • Free • 12-week session
Quit Now Virginia 1-800-QUIT NOW (1-800-784-8669)	<ul style="list-style-type: none"> • VA resident over 18 years or • Pregnant teens 	<ul style="list-style-type: none"> • Individual phone counseling to quit smoking • Print materials to support counseling 	<ul style="list-style-type: none"> • Free • English/Spanish • 8AM– midnight

Child Care

Agency/Program	Who Served	Services	Comments
Albemarle Department of Social Services 1600 Fifth St. Extended, Suite A (434) 972-4010	<ul style="list-style-type: none"> • Albemarle resident • In school and/or employed • Enrolled in TANF 	<ul style="list-style-type: none"> • Child care financial assistance 	
Charlottesville Department of Social Services 120 Seventh St., NE. (434) 970-3400	<ul style="list-style-type: none"> • Charlottesville resident • Income requirements 	<ul style="list-style-type: none"> • Child care financial assistance 	<ul style="list-style-type: none"> • If not enrolled in TANF or VIEW, possible waiting list • Participant responsible for paying 10% of her income
Child Care Quality Children, Youth and Family Services 116 West Jefferson St. Charlottesville, VA (434) 296-4118	<ul style="list-style-type: none"> • No eligibility requirements 	<ul style="list-style-type: none"> • Child care listing • Child care referrals 	Virginia Star Quality Initiative
United Way Child Care Scholarships 806 E. High St. Charlottesville, VA (434) 972-1715	<ul style="list-style-type: none"> • Charlottesville or Albemarle resident 	<ul style="list-style-type: none"> • Child care scholarships 	

Transportation

Agency/Program	Who Served	Services	Comments
CAT (Charlottesville Area Transit) 615 Water St. Charlottesville, VA (434) 970-3649	<ul style="list-style-type: none"> • Anyone in the greater Charlottesville area 	<ul style="list-style-type: none"> • Bus service • Handicapped accessible 	<ul style="list-style-type: none"> • Reduced fare cards available • Children < 5 years free • Children <18 years free in summer
JAUNT 104 Keystone Place Charlottesville, VA (434) 296-3184 trips@ridejaunt.org	<ul style="list-style-type: none"> • Medicaid • Anyone 	<ul style="list-style-type: none"> • Van service • Handicapped accessible 	<ul style="list-style-type: none"> • Call or e-mail to reserve trip • Cost varies • Reduced rates for people with disabilities
Medicaid Transportation 1-866-232-6124 (434) 975-4100 1-866-386-8331	<ul style="list-style-type: none"> • Medicaid • Anyone 	<ul style="list-style-type: none"> • Van service • Taxi • Handicapped accessible 	<ul style="list-style-type: none"> • Non-emergency medical transportation • Reserve at least two days in advance • Preauthorization may be required

Index of Agencies/Programs

Albemarle Department of Social Services

Address: 1600 Fifth St. Ext., Suite A

Phone: (434) 972-4010

Services/Programs:

Child care financial assistance

Food Stamps

Medicaid Enrollment

Temporary Assistance to Needy Families (TANF)

Virginia Initiative for Employment not Welfare (VIEW)

Charlottesville-Albemarle Health Department

Address: 1138 Rose Hill Dr.

Phone: (434) 972-6200

Services/Programs:

Pregnancy testing

WIC

Safety Car Seat Program

Safe Sleep Program

Charlottesville Department of Social Services

Address: 120 Seventh St., N.E.

Phone: (434) 970-3400

Services/Programs:

Child care financial assistance

Food Stamps

Medicaid Enrollment

Temporary Assistance to Needy Families (TANF)

Virginia Initiative for Employment not Welfare (VIEW)

Charlottesville Free Clinic

Address: 1138 Rose Hill Drive, Suite 200

Phone: (434) 296-5525

Services/Programs:

Smoking cessation group (anyone)

Medical and dental care for working uninsured

Children, Youth and Family Services

Address: 1000 E. High St.

Phone Number: (434) 296-4118

Services/Program:

Family Partners: Parenting support (children <6 years)

Healthy Families: Parenting support (new moms/WIC)

Child Care Quality: Child care listing/referral

Agencies and Programs

CAT (Charlottesville Area Transit)

Address: 615 Water St.

Phone: (434) 970-3649

Services/Programs:

Transportation: bus service

FOCUS

Address: 953 Second St., S.E.

Phone: (434) 293-2222; (434) 295-8336

Services/programs:

Teensight: In-school teen pregnancy/parenting support

Hospice of the Piedmont

Phone: (434) 817-6900 or 1-800-975-5501

Services/programs:

Mental health: grief education/support groups

Care for those with limited life expectancy

Infant Development Project

Address: 509 Park St.

Phone: (434) 977-4003, x22

Services/programs:

Parenting support: Children <4 with/at-risk of disabilities

JAUNT

Address: 104 Keystone Place

Phone: (434) 296-3184

Services/programs:

Transportation: van

Jefferson Area CHIP

Address: 1469 Greenbrier Place

Phone: (434) 964-4700

Services/programs:

Pregnancy/parenting support (children <7 years)

La Leche League

Address: 923 Preston Ave/190 Rugby Rd.

Phone: (434) 984-4665; (434) 296-8875; (434) 970-1863

Services/programs:

Nutrition: breastfeeding support

Agencies and Programs

Martha Jefferson Hospital

Address: 400 Martha Jefferson Drive

Phone: (434) 654-7009 or (434) 982-7009

Services/programs:

Childbirth, breastfeeding, parenting classes

Medicaid Transportation

Address: N/A

Phone: 1-866-232-6124; (434) 975-4100; 1-866-386-8331 (Logisticare)

Services/programs:

Non-emergency medical transportation covered by Medicaid

OB/GYN Associates

Address: 1101 East Jefferson St., Ste. #4

Phone Number: (434) 979-2121

Services/programs:

Pregnancy testing, prenatal care and high risk prenatal care

Planned Parenthood

Address: 2964 Hydraulic Rd.

Phone: (434) 296-1000

Services/Programs:

Pregnancy testing

Pregnancy Center of Central Virginia

Address: 320 West Main St.; 1420 Greenbrier Place

Phone: (434) 979-888; (434) 220-3777

Services/Programs:

Pregnancy testing

Project Link

Address: 800 Preston Avenue

Phone: (434) 972-1760, ext. 1757

Services/Programs:

Mental Health Treatment

Substance Abuse Counseling

Case Management

Quit Now Virginia

Phone: 1-800-QUIT NOW (1-800-784-8669); TTY: 1-877-777-6534

Services/programs:

Smoking cessation phone counseling

Region Ten

Address: 800 Preston Avenue

Phone: (434) 972-1800

Services/Programs:

Counseling: Mental Health Treatment, Substance Abuse

Emergency Services

Agencies and Programs

United Way - Thomas Jefferson Area

Address: 806 East High St.

Phone: (434) 972-1701

Services/Programs:

Child care scholarships

Information and Referral

Rx Relief prescription assistance

UVA Family Medicine

Address: Primary Care Center, 1221 Lee St.

Phone: (434) 924-5348

Services/programs:

Pregnancy testing, prenatal care

UVA OB/GYN at Primary Care

Address: Primary Care Center, 1221 Lee St.

Phone: (434) 924-1955

Services/programs:

Pregnancy testing, prenatal care, high-risk prenatal care

Classes: childbirth, breastfeeding, newborn care

UVA Physicians for Women at Northridge

Address: 2955 Ivy Rd., Suite 304

Phone: (434) 243-4570

Services/programs:

Pregnancy testing, prenatal care

UVA Teen Health Center

Address: 1400 University Ave.

Phone: (434) 982-0090

Services/programs:

Teen pregnancy testing, prenatal care

Westhaven Nursing Clinic

Address: 803 Hardy Drive

Phone: (434) 971-1200

Services/programs:

Health consultation/referral

Education/support services

Women's Support Group

The Women's Initiative

Address: 1007 East High St.

Phone: (434) 872-0047

Services/programs:

Mental health Counseling, Support Groups

Community Support Agencies

Abundant Life Ministries

Phone: (434) 970-2077

Albemarle County Adult Education

907 Henry Avenue

Phone: (434) 296-3872

Charlottesville Adult Learning Center

935-A Second St. SE (Ix Building)

Phone: (434) 245-2817

LOVE, Inc.

Address: 198 Spotnap Rd., Ste. C-1

Phone: (434) 977-7777

Monticello Area Community Action Agency (MACAA)

Address: 1025 Park St.

Phone: (434) 295-3171

Quality Community Council (QCC)

Address: 327 W. Main St., Ste. 101

Phone: (434) 977-3045